



**FOR PUBLICATION**

**DERBYSHIRE COUNTY COUNCIL**

**HEALTH AND WELLBEING BOARD**

**7 July 2022**

**Report of the Director of Public Health  
Derbyshire County Council**

**Population Mental Health Statement**

**1. Purpose**

- 1.1 To request that the Health and Wellbeing Board adopt the population mental health statement for Derbyshire.

**2. Information and Analysis**

- 2.1 Population mental health is a broad concept that encompasses positive mental health as well as the wide range of support that enables those with mental health problems to thrive. Actions linked to population mental health align with the Health and Wellbeing Strategy priority to 'build mental health and wellbeing across the life course'.
- 2.2 The population mental health statement for Derbyshire is attached as appendix 2. The statement acknowledges that societal and structural factors including poverty and inequality are as important as individual factors in contributing to mental health problems. The statement recognises that health inequalities play a significant role in mental health, across the life course, both in increasing the risk of developing a mental health problem and leading to poorer outcomes for those with existing mental health problems. Accepting that we can improve outcomes when we identify and intervene early, and throughout life, can mitigate the impacts of mental health problems.

2.3 Derbyshire's Mental Health, Learning Disability and Autism Group adopted the population mental health statement in September 2021 and committed to the statement guiding future work. By adopting the population mental health statement, the Health and Wellbeing Board can become part of a broader system commitment to improve the mental health of Derbyshire's residents and communities through an assets-based, population focused approach.

### **3. Alternative Options Considered**

3.1 The Health and Wellbeing Board does not adopt the population mental health statement, which would reduce the Board's opportunity to drive system-wide work on population mental health and would not be in line the priority within the Health and Wellbeing Strategy regarding mental health.

### **4. Implications**

4.1 Appendix 1 sets out the relevant implications considered in the preparation of the report.

### **5. Appendices**

5.1 Appendix 1 – Implications.

5.2 Appendix 2 - A population mental health statement for Derbyshire.

### **6. Recommendation(s)**

That the Health and Wellbeing Board:

- a) Adopt the population mental health statement for Derbyshire and acknowledge that this statement will drive forward shared partnership action around this important health and wellbeing strategy priority.

### **7. Reasons for Recommendation(s)**

7.1 By adopting the population mental health statement for Derbyshire, the Health and Wellbeing Board's shows their commitment to system-wide work on population mental health aligning with the Health and Wellbeing Board strategy priorities.

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### **Implications**

#### **Financial**

1.1 There are no financial implications.

#### **Legal**

2.1 Adopting population mental health statement for Derbyshire, aligns with Health and Wellbeing Strategy priorities and provides an opportunity for Health and Wellbeing partner organisations to demonstrate commitment to the Equalities Act 2010 informing strategic decision.

#### **Human Resources**

3.1 There are no Human Resource implications.

#### **Information Technology**

4.1 There are no Information Technology implications.

#### **Equalities Impact**

5.1 The population mental health statement for Derbyshire recognises that mental health problems will differentially impact on some groups in the population including, but not limited to, some minority ethnic communities (with some problems related to the ongoing impact of racism), neurodiverse people and those experiencing domestic violence and commits to action to reduce these differential impacts. By adopting the statement, the Health and Wellbeing Board further demonstrates its commitment to equality, diversity, and inclusion.

## **Appendix 2: A population mental health statement for Derbyshire.**

In Derbyshire, we acknowledge that population mental health is a broad concept that encompasses positive mental health as well as the wide range of support that enables those with mental health problems to thrive. We are committed to actions that support positive mental health in all our communities and understand that this is a long-term aspiration, which will not be accomplished through any single approach or by a single agency. Our approach will be assets based rather than highlighting perceived deficits in ways that stereotype and marginalise individuals and communities.

We will lead a systems approach to mental health that acknowledges that societal and structural factors including poverty and inequality are as important as individual factors in contributing to mental health problems. We recognize that health inequalities play a significant role in mental health, across the life course, both in increasing the risk of developing a mental health problem and leading to poorer outcomes for those with existing mental health problems. We accept that we improve outcomes when we identify and intervene early, and throughout life, so we can mitigate the impacts of mental health problems.

We understand that Covid-19 has exacerbated inequalities. More people have struggled to manage their mental health and experienced crisis and our system responses will need to continue to adapt as we navigate a 'new normal'. Digital approaches, initiated in Covid-19, have had differential impacts. Some embraced the opportunity whilst others have struggled to navigate virtual care delivery. Blended approaches will reduce future inequality.

### **We will:**

- Take actions that enable a focus on mental health at a population level rather than the individual whilst recognising the two impact on each other.
- Support and enable interventions that support positive mental health at a population level not just an individual.
- Recognise the impacts of the wider determinants of health on mental health including worklessness, poor housing and poverty and that these inequalities are felt across the life course. Conversely, we recognise that meaningful employment, stable housing, and sufficient income can support mental health and aid recovery.
- Acknowledge the importance of positive relationships and the role we all must play in mental health.
- Recognise that mental health problems will differentially impact on some groups in the population including, but not limited to, some minority ethnic communities (with some problems related to the ongoing impact

of racism), neurodiverse people and those experiencing domestic violence.

- Acknowledge that intervening early, individually and at population level, will have a positive impact on the lifetime experience of mental health problems.
- Identify locations where positive mental health can be promoted, and stigma around mental health problems be challenged, including in workplaces, education, and communities.
- Be guided by the emerging evidence on population mental health and contribute to the emerging evidence base.
- Recognize that isolation and loneliness can lead to mental health problems, exacerbate them, and delay recovery and that social connectedness is an essential element in recovery.
- Build resilience through adopting responsive, trauma-informed processes in services.
- Create environments that feel physically and psychologically safe for all, engendering trust across communities.
- Learn from those with lived experience, respecting their contribution and ensuring that we don't re-traumatise by asking them to share their experiences.
- Work together to provide a core training offer that supports workers who aren't mental health professionals to become confident in discussing mental health, developing skills and recognises that different workers will need different levels of training.
- Ensure synergy with other important themes of work including suicide prevention and Better Lives.